

The Influence of Health Education On Mother's Knowledge About Stunting Prevention In Toddler Age Children: Literature Review

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ABSTRACT

Background: Stunting in toddlers will have a bad impact if it is not addressed immediately. Stunting can be caused by several factors such as inadequate nutritional intake from the womb until the age of 2 years or the first 1000 days of birth, recurrent infections and low birth weight, as well as a lack of maternal knowledge. This study aimed to analyze the effect of health education on mothers' knowledge about preventing stunting in children under five so that it can help in efforts to prevent and reduce the number of stunting among children under five in Indonesia.

Methods: The research design in this article is a literature review, by searching several literature sources in the form of research journals and determining the journal as health education, maternal knowledge and stunting in children under five. The selected research journal summarizes the research design, research description, variables and research results.

Results: Based on research results from several journals, there is a significant increase in maternal knowledge between before being given health education about stunting and after being given health education.

Conclusion: Maternal knowledge has an important role in preventing stunting in children under five. Mothers who understand what stunting is can provide adequate nutritional intake for their toddlers to avoid stunting.

I. Introduction

Health development is an important component in the national development program, as mandated in Presidential Regulation Number 72 of 2021 concerning the National Health System. The role of this component must continue to be strengthened in order to be able to answer the challenges of 5 strategic issues which are priorities in health development for the next 5 years (2020-2024). The five main issues are the maternal mortality rate/neonatal mortality rate which is still high, stunting, tuberculosis, non-communicable diseases and complete basic immunization coverage (Tarmizi, 2023).

Stunting is a condition of failure to thrive and chronic nutritional problems caused by inadequate nutritional intake due to providing food that does not meet needs over a long period of time (Schmidt, 2014).

Stunting in toddlers will have a bad impact if it is not addressed immediately. Some of the short-term impacts that can be caused by stunting include increased morbidity and mortality rates, suboptimal development of children under five, decreased cognitive function (intelligence), decreased immune function, obesity and greater susceptibility to infectious diseases. Meanwhile, ongoing consequences can include less than perfect body shape in adulthood (shorter than usual), less than optimal activity/ability, degenerative diseases which will be a high risk and in old age there will be limitations (Yuniarti, 2019).

Stunting can be caused by several aspects such as insufficient nutritional intake from the womb until the age of 2 years or the first 1000 days of birth, recurrent infections and low birth weight (Aridiyah, 2015). Rahayu et al., (2019) stated that other factors that cause stunting include teenage pregnancy, births

too close together, and hypertension. Health services are less accessible and cleanliness can be related to children's health conditions (Aisyah, 2019).

Among the components that influence the incidence of stunting, maternal knowledge is said to have a large role in the occurrence of growth disorders in children. The lack of knowledge means that nutritional intake does not meet needs such as protein, energy and zinc. This food intake plays an important role in the development of toddlers. These nutrients are needed by the body to stimulate cell division during the development period, especially protein. Protein is one of the main nutrients that plays a role in the growth and development process of toddlers. The increase in protein intake is approximately 15%, in line with the rapid development of children (Mulyasari, 2016).

The problem of stunting in children under the age of five needs special attention, because it can hinder the physical growth, mental development and health of children under the age of five. Based on the results of several studies, it shows that there is one important problem in Indonesia related to the incidence of stunting, namely the low level of maternal knowledge. The task of parents, especially mothers, is really needed when providing food to help monitor growth and development, so understanding nutrition is needed to be able to serve comparable food (Sutanto, 2018). Initially, the child's life and fitness cannot be separated from the mother's fitness which is linked to the mother's nutritional knowledge (Margawati, 2018).

According to a preliminary study, in Sidatapa Village, Buleleng - Bali by interviewing 10 mothers, it showed that seven out of 10 mothers did not know about stunting and the mothers thought that stunting was due to short children who were usually inherited from their parents. The mother also said that she only takes her child to the health center when she is sick. The majority of mothers said they never monitored their children's height.

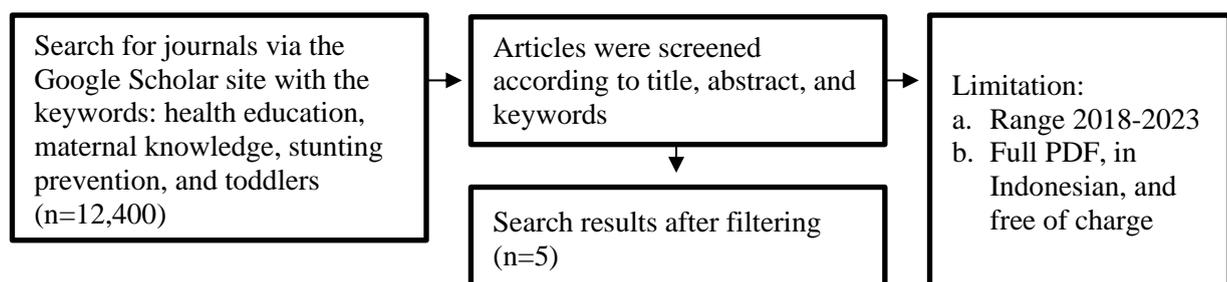
This research aimed to analyze the effect of health education on mothers' knowledge about preventing stunting in children under five so that it can help in efforts to prevent and reduce the number of stunting among children under five in Indonesia.

II. METHODS

The method used in this research is the literature review method with a descriptive analysis approach and using a systematic review design, namely searching the literature by reading various journals related to the research topic.

Journal searches using the search site on Google Scholar with the keywords health education, maternal knowledge, stunting prevention, and toddlers. The selection of articles also sets year limits from 2018 to 2023. The journal format used is PDF, in Indonesian and English, and is a non-paid journal.

Research journals that meet the search criteria are then collected and analyzed, then a summary is made for data extraction. The research results of all collected journals are then summarized to answer the objectives of the research.



III. RESULTS

In making this research, the author set a limit of only 5 journals that would be reviewed. Journals that do not comply with the restrictions will be grouped into exclusion criteria such as under five years old, paid articles, research location not in Indonesia, and review research. The journals obtained according to the search limitations were then filtered into 5 journals that would be reviewed which can be seen in table 1.

Table 1. Data extraction

Journals	Population Sample	Result
The Influence of Nutrition Education on Mothers' Knowledge and Attitudes in Fulfilling Nutrition for Stunting Toddlers	60 ibu yang memiliki balita stunting, dengan rincian 30 mothers as the intervention group 30 mothers as a control group	a. The Wilcoxon test results showed that there was no significant difference between knowledge and attitudes in providing nutrition in the control group with a p value of knowledge of 0.655 and attitude of 1.000 ($\alpha=0.05$). b. Knowledge and attitudes in providing nutrition in the intervention group showed significant differences before and after the intervention with knowledge $p = 0.000$ and attitude $p = 0.046$ ($\alpha = 0.05$). c. The results of the Mann Whitney test showed that there was no significant difference in knowledge and attitudes between the control group and the intervention group after the seventh day (post test) with a P value of knowledge $p=0.966$ and attitude $p=0.110$ ($\alpha=0.05$).
The Influence of Education on the Level of Knowledge and Efforts to Prevent Stunting in Children Under Five	20 parents of toddlers, with details	a. Respondents' knowledge before and after education obtained mean values of 65.50 and 87.50, standard deviation 10.501 and 8.507 with p value = 0.000 which shows that there is a difference in mean knowledge before and after being given education. b. Stunting prevention efforts before and after education with a mean of 26.20 and 32.20, standard deviation 1.989 and 2.093 with p value = 0.000 which shows that there is a difference in the mean of prevention efforts before and after education.
The Influence of Stunting Education Using Brainstorming and Audiovisual Methods on the Knowledge of Mothers with Stunted Children	The research subjects consisted of 34 mothers who had stunted toddlers.	a. During the pretest, most of the research subjects (29.4%) got a score of 7 (7 out of 10 questions correct). At the posttest, the most subjects scored 7 (23.4%) and 9 (23.4%). b. The Wilcoxon test shows that there is a difference in the knowledge of mothers who have stunted children with α (0.05) obtained with a value of $p=0.009$.
The Influence of Nutrition Education on Mothers' Knowledge about Stunting in Kamal Village, West Seram Regency	80 people with stunting toddlers.	a. Mothers' knowledge in the poor category at the pretest was 49 people (61.25%) and good knowledge was 31 people (38.75%) after the posttest it increased to good, namely 77%. b. The results of the T-Test show that there is an increase in knowledge with an average pre-test of 60.815 and post-test of 88.801.
The Influence of Health Education on Stunting Prevention on Mothers'	25 respondents were mothers who had children aged 0-24 months	a. The results of the Wilcoxon test were $p = 0.000$ or a significance level of $p < 0.05$, which means there is a difference between the level of knowledge before (pre-test)

Knowledge and Attitudes in Pahandut Village, Palangka Raya	and after (post-test) health education was give. b. The Wilcoxon test results obtained $p = 0.000$ or a significance level of $p < 0.05$, which means there is a difference between attitudes before (pre-test) and after (post-test) health education
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IV. DISCUSSION

Stunting and nutritional requirements for children under five are still a major concern in Indonesia, especially in Buleleng-Bali. Mothers' knowledge of eating patterns, food intake, environmental sanitation, and providing complementary foods are factors that trigger stunting in toddlers. Therefore, this study examines the influence of health education on mothers' knowledge about preventing stunting in children under five.

The role of parents, especially mothers, is very important in fulfilling children's nutrition because children need parental attention and support in facing very rapid growth and development. To get good nutrition, parents need good nutritional knowledge so they can provide a balanced menu of choices (Munawaroh, 2022). A person's level of nutritional knowledge influences attitudes and behavior in choosing food.

A mother who has insufficient knowledge about nutrition will greatly influence the nutritional status of her child and will find it difficult to choose nutritious food for her child and family.

Research journals related to stunting prevention education in increasing mothers' knowledge and attitudes can be found in the research journal Zahra et al., (2021) stated that there was an effect of stunting education using the Android application (p) $0.0001 < 0.05$ on increasing mothers' knowledge and attitudes at the Tenayan Community Health Center Raya Pekanbaru. Nutrition education intervention via Android is a comprehensive media so that it is an effective medium for nutrition education about stunting in increasing mothers' knowledge.

This research is in line with research on stunting health education in North Bengkulu district from Angraini et al., (2020) which stated that there was a significant increase in knowledge, before being given health education only 9 out of 19 mothers knew what stunting was and after being given health education all mothers to know what is meant by stunting. The mean knowledge of mothers before being given health education about stunting was 4.95 which had a standard deviation of 2.656, while the mean knowledge of mothers after being given health education about stunting increased, namely to 7.89 which had a standard deviation of 0.737 with a p value of 0.000.

In research on the influence of health education on the knowledge and attitudes of mothers with stunted children from Ginanjar et al., (2022) concluded that there was an influence of health education before and after on the knowledge (p value = 0.000) and attitudes (p value = 0.000) of mothers with stunted children at the Community Health Center. Nagaswidak, Palembang City. The average knowledge of mothers with stunted children before being given health education was 5.60, after being given health education was 10.77. The average attitude of mothers with stunted children before being given health education was 31.60, after being given health education was 51.80

From several previous studies above, it can be concluded that health education can increase mothers' knowledge about stunting so that it can reduce the incidence of stunting. A limitation in this research is that the journals found related to health education used various intervention instruments to increase knowledge. The limitations of the journals used as references have different research designs so that the research results or correlation results between several studies also differ from one journal to another.

V. CONCLUSION

Based on several studies used as references above, the results obtained were that there was a significant increase in maternal knowledge between before being given health education about stunting and after being given health education. Maternal knowledge has an important role in preventing stunting in children under five. Mothers who understand what stunting is can provide adequate nutritional intake for their toddlers to avoid stunting.

Based on the results of the research conducted, the researcher has several suggestions aimed at future researchers so that the results of this research can be useful and used as a library source. Researchers can then compare the two stunting education media in order to get maximum results

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